

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 8:00 AM	Primetime Step (Wally)	BOOTCAMP “Basic Training” (Chris) 5:30-6:30 AM [†]		BOOTCAMP “Basic Training” (Chris) 5:30-6:30 AM [†]	Primetime Step (Wally)	FIT CAMP “Female Interval Training” (Erica) 7:15 AM
9:00 AM		Toning (Rachael)			Power Yoga (Rachael)	ZUMBA (Tracey) 8:30 AM
9:15 AM	Xtreme Cycling (Rachael)		Xtreme Cycling (Rachael)			Xtreme Cycling (Rachael)
10:00 AM		BOOTCAMP “Weights/Cardio” (Chris)	Pilates/Yoga (Rachael) 10:15 AM		BOOTCAMP “Circuits/Boxing” (Chris)	BOOTCAMP “High Intensity Training” (Chris) 9:30 AM
4:00 – 5:00 PM						
5:15 PM	Pilates/Yoga (Rachael)	BOOTCAMP “Beginner” (Chris) 5:30 PM		Toning 5:15 PM Spinning 5:45 PM (Rachael)		
6:15 PM	BOOTCAMP “Intense Weight Training” (Chris)		BOOTCAMP “Plyometrics/ Total Body” (Chris) 6:00 PM	BOOTCAMP “Stability/Core” (Chris) 6:00 PM	BOOTCAMP “Citcuits/Boxing” (Chris) 6:00 PM [†]	
7:30 PM	Tai Chi	Aikido-Self Defense/ Martial Arts	FIT CAMP “Female Interval Training” (Erica)	Aikido-Self Defense/ Martial Arts		